



## Pastitsio Pie

READY IN



85 min.

SERVINGS



6

CALORIES



689 kcal

## Ingredients

- 1 tablespoon butter
- 2 tablespoons butter
- 14 ounce canned tomatoes canned
- 0.5 teaspoon cinnamon
- 1 cup curd cottage cheese
- 2 tablespoons breadcrumbs dry
- 1 eggs
- 2 tablespoons flour all-purpose
- 0.3 cup parsley fresh chopped
- 3 garlic clove minced

- 1.5 lbs ground beef
- 2 cups .5 oz. macaroni
- 1 cup milk
- 1 pinch nutmeg
- 1 onion chopped
- 0.5 teaspoon oregano dried
- 1 cup parmesan cheese fresh grated (or )
- 0.3 teaspoon pepper
- 1 pinch pepper
- 1 tablespoon red wine vinegar
- 0.5 teaspoon salt
- 1 pinch salt
- 6.5 ounces tomato paste

## Equipment

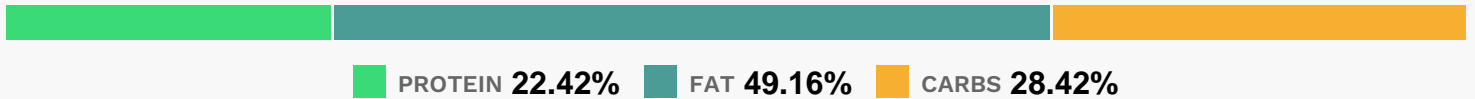
- frying pan
- baking sheet
- sauce pan
- oven
- whisk

## Directions

- Cook macaroni until tender but firm.
- Drain and rinse under cold water, drain again and add 1/3 parmesan cheese and set aside. in skillet melt 1-1/2 tsp of the butter over med. heat, cook onion and garlic, stirring for 3 minutes. Stir in beef, oregano, cinnamon, salt and pepper; cook stirring for 7-10 minutes or until no longer pink.
- Drain off fat. Stir in tomatoes, tomatoe paste and vinigar. Cook stirring for 3 minutes.
- Remove from heat, stir in parsley. Set aside. SAUCE: in saucepan, melt butter over med heat.

- Whisk in flour,cook whisking for 2 minutes without browning.
- Pour in milk,cook,whisking for about 5 minutes or until thickened.
- Remove from heat stir in cottage cheese,egg,nutmeg,salt and pepper.Grease 10" pie plate with remaining 1-1/2 tsp butter. sprinkle with bread crumbs. Spoon in half of the macaroni,spread meat mixture evenly over top.
- Sprinkle with one third of the parmesan. Spoon remaining macaroni over top. Carefully pour sauce over macaroni.(NOTE: can be prepared to this point,covered and refrigerated for up to 1 day.
- Let stand at room temperature for 30 minutes and add 10 minutes to baking time).
- Sprinkle with remaining parmesan.
- Bake on baking sheet(or pan)at 350F for 50 to 60 monutes or until top is golden brown.

## Nutrition Facts



### Properties

Glycemic Index:92.67, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:30.12739115176%

### Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

### Nutrients (% of daily need)

Calories: 688.97kcal (34.45%), Fat: 37.7g (58.01%), Saturated Fat: 16.73g (104.55%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 44.55g (16.2%), Sugar: 11.6g (12.89%), Cholesterol: 148.17mg (49.39%), Sodium: 1108.2mg (48.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.7g (77.4%), Selenium: 55.49µg (79.27%), Phosphorus: 528.9mg (52.89%), Vitamin B12: 3.11µg (51.84%), Vitamin K: 52.58µg (50.08%), Zinc: 6.89mg (45.93%), Vitamin B3: 7.69mg (38.43%), Manganese: 0.72mg (36.09%), Vitamin B6: 0.7mg (34.96%), Calcium: 315.71mg (31.57%), Potassium: 1090.91mg (31.17%), Vitamin B2: 0.51mg (30.17%), Iron: 5.26mg (29.21%), Vitamin A: 1299.3IU (25.99%), Copper: 0.46mg (22.93%), Vitamin C: 17.99mg (21.8%), Magnesium: 85.06mg (21.27%), Vitamin E: 3.09mg (20.58%), Fiber: 4.5g (17.99%), Vitamin B1: 0.25mg (16.98%), Vitamin B5: 1.54mg (15.43%), Folate: 51.4µg (12.85%), Vitamin D: 0.83µg (5.5%)